

Local Contact Information

Words of Wisdom

- Take one day at a time.
- Accept help, no one can do everything.
- Make your health a priority.
- Make time for yourself (ie. read a magazine, take a walk, watch a movie, visit a friend, go out for lunch or any other relaxing activity).
- Rest, exercise and eating properly are important for you, too.
- Find at least one person you can talk to and share your feelings with.



Grant Funds Provided by
The Administration on Aging and
New Hampshire Department of Health and
Human Services,
Bureau of Elderly and Adult Services'
NH Family Caregiver Support Program

For more information, contact the
NH Family Caregiver Support Program
129 Pleasant Street
Concord, NH 03301
1-800-351-1888 ext. 4680
or
TTD Access: Relay NH
1-800-735-2964
NHfamilycaregiver@dhhs.state.nh.us

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The New Hampshire Family Caregiver Support Program
New Hampshire Department of Health and Human Services
Bureau of Elderly and Adult Services



Respite Care Grant

*Taking
Care
of Yourself*



*Respite
Grants
for Family
Caregivers*

Why is respite important?

Caring for a frail elderly person aged 60 or older who needs a lot of help with daily needs can at times be frustrating, challenging, lonely and sometimes overwhelming. It is vital that family caregivers have opportunities for breaks (respite) from their caregiving responsibilities.

Why does someone need respite care?

It's very important that a person caring for an elderly family member gets a break now and then.

A change of activities and surroundings can prevent burnout and emotional or physical exhaustion. Periodic respite can help the family caregiver relax for a while and return to the situation with renewed energy.

Where do the respite funds come from?

Through the Administration on Aging's National Family Caregiver Support Program limited funds are available through grants for respite care to enable caregivers to receive temporary breaks from their caregiving responsibilities.

How does respite care benefit the family member being cared for?

- Provides contact with new people and more stimulation.
- Lessens the worry of burdening family members.

When and where can these services be provided?

Respite care can be for a few hours, overnight, or for several days. The amount of care can change with the needs of the family and the individual receiving care. It can be provided:

- For blocks of time in the home by a respite caregiver;
- During the daytime at an adult day care program; or
- For a short, temporary stay in a residential care or nursing facility.

Who is eligible for the respite grant?

Any family member or other individual who is providing fulltime day-to-day hands on care in the home for a person aged 60 or older who needs significant assistance with bathing, dressing, toileting, transferring, walking, and needs partial or total help with feeding, and/or has a memory disorder (such as Alzheimer's disease) or serious health condition and requires 24/7 supervision. The purpose of this program is to prevent or delay nursing facility placement.

What other services are available?

Limited funding is also available for chores, transportation, assistive equipment, emergency response systems, home modifications and minor safety repairs. (Services must be pre-approved.)

Through **NH ServiceLink**, you can be connected to local information and resources, support groups, and opportunities to gain training to improve your caregiving skills.

Where can you apply for the grant?

You can call NH ServiceLink toll free at:

1-866-634-9412 or

The NH Family Caregiver Support Program at 1-800-351-1888 ext. 4680 for more information on when applications are available and how to apply.



***Taking care
of
yourself...***

***...by taking
time
for yourself.***



Important Notes:

Caregivers who are being paid by an agency to provide care for their family member are not eligible for this grant.

Payment for services is made directly to the respite provider by BEAS.